



## Supper (K-12) Menu

August/September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
8/27 Turkey Ham & Swiss Whole Grain Wrap  Fresh Carrot Sticks w/ Light Dressing Applesauce Cup 1% Milk	28 Oven Roasted Turkey & Cheese Whole Wheat Hoagie  Fresh Broccoli w/ Light Dressing Local Pear 1% Milk	29 Spicy Chicken Taco Bowl w/ Romaine, Corn, Diced Tomatoes & Shredded Cheddar, Light Ranch Dressing Whole Grain Tortilla Chips  Chilled Peaches 1% Milk	30 Homemade Egg Salad Sandwich on Whole Wheat Bread  Local Cucumber Slices w/ Light Dressing Local Apple 1% Milk	31 Grilled Chicken Caesar Salad w/ Romaine, Croutons & Parmesan Cheese  Whole Wheat Dinner Roll  100% Orange Juice 1% Milk
9/3  <i>Labor Day</i>	4 Turkey Ranch Whole Grain Wrap  Local Green Pepper Strips w/ Light Dressing Local Apple 1% Milk	5 Chicken Cheddar Sandwich on Whole Wheat Bun Fresh Celery Sticks w/ Light Ranch Dressing 100% Apple Juice 1% Milk	6 Tuna Salad Sandwich on Whole Wheat Bread  Fresh Carrot Sticks w/ Light Dressing Local Pear 1% Milk	7 Chef Salad w/ Diced Turkey Ham, Sliced Egg & Cheese Whole Wheat Dinner Roll  100% Orange Juice 1% Milk
10 Italian Chicken Whole Grain Wrap w/ Diced Tomatoes & Low-Fat Mozzarella Cheese Fresh Broccoli w/ Light Dressing 100% Orange Juice 1% Milk	11 Oven Roasted Turkey & Cheese Whole Wheat Hoagie  Side Salad w/ Romaine & Tomato Local Apple 1% Milk	12 Turkey Ham & Swiss Whole Grain Wrap  Local Cucumber Slices w/ Light Dressing 100% Apple Juice 1% Milk	13 Chicken Salad Sandwich on Whole Wheat Bread  Fresh Carrot Sticks w/ Light Dressing Fresh Banana 1% Milk	14 Garden Salad w/ Cajun Chicken, Diced Tomatoes & Croutons  Whole Wheat Dinner Roll  Chilled Peaches 1% Milk
17 Grilled Chicken Caesar Salad w/ Romaine, Croutons & Parmesan Cheese Whole Wheat Dinner Roll  Chilled Peaches 1% Milk	18 Homemade Egg Salad Sandwich on Whole Wheat Bread  Local Cucumber Slices w/ Light Dressing 100% Orange Juice 1% Milk	19 Oven Roasted Turkey & Cheese Whole Wheat Hoagie  Fresh Carrot Sticks w/ Light Dressing Local Apple 1% Milk	20 Turkey Veggie Wrap w/ Romaine, Tomato & Local Cucumber Slices  Fresh Broccoli w/ Light Dressing Local Pear 1% Milk	21 Chef Salad w/ Diced Turkey Ham, Sliced Egg & Cheese  Whole Wheat Dinner Roll  Applesauce Cup 1% Milk
24 Chicken Cheddar Sandwich on Whole Wheat Bun  Fresh Celery Sticks w/ Light Ranch Dressing 100% Apple Juice 1% Milk	25 Oven Roasted Turkey & Cheese Whole Wheat Hoagie  Fresh Broccoli w/ Light Dressing Local Pear 1% Milk	26 Spicy Chicken Taco Bowl w/ Romaine, Corn, Diced Tomatoes & Shredded Cheddar, Light Ranch Dressing Whole Grain Tortilla Chips  Chilled Peaches 1% Milk	27 Homemade Egg Salad Sandwich on Whole Wheat Bread  Local Cucumber Slices w/ Light Dressing Local Apple 1% Milk	28 Grilled Chicken Caesar Salad w/ Romaine, Croutons & Parmesan Cheese  Whole Wheat Dinner Roll  100% Orange Juice 1% Milk
Welcome back! We hope you had a wonderful summer.				